

APRIL 1960

MAGAZINE OF THE

PLEASE HELP
SPASTICS

NATIONAL SPASTICS SOCIETY

PRICE 6d

SPASTICS NEWS



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NATIONAL RESIDENTIAL CENTRES

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Telephone: Tonbridge 3859.
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Chairman of the Board of Governors:
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Accommodation: 60.

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Chairman of the Management Committee:
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Primary Education for Spastics between 5 and 16 years.
Accommodation: 42.

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Accommodation: 32.

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Principal: J. D. Johnson, Esq.
Assessment Centre for Spastic children between 5 and 13 years.
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Chairman of the Management Committee:
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Residential Centre for Male Spastics aged from 16 to 35 years.
Accommodation: 23.

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Oaks Road, Croydon, Surrey.
Telephone: Addiscombe 2310.
Warden: F. W. Bowyer, Esq., M.A.
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Principal: E. L. Knight, Esq.
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Accommodation: 34, 2 Day Trainees.

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Chairman of the Management Committee:
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NATIONAL HOLIDAY HOTELS ARUNDEL PRIVATE HOTEL

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Manageress: Miss M. Burden.
Chairman of the Management Committee:
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Write to Manageress for bookings.

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Colwall Court, Bexhill.
Telephone: Bexhill 1491.
Manager: G. H. Marsh, Esq.
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£1 1s. per day 16 years and over.

LOCAL CENTRES AND CLINICS

In close co-operation with Local Authorities and/or Hospital Management Committees, the following Groups provide or assist special schools and/or treatment centres:

Hull	Portsmouth
Northampton	Reading
Nottingham	Southend-on-Sea
Pontefract	Swindon

Working independently, the following Groups have set up special schools or treatment centres:

Birkenhead	Leicester
Bolton	Plymouth
Cheltenham	Stockport

Operating entirely by voluntary contributions, the following Groups have treatment centres with or without nursery

classes. Some of these centres operate every day, others only part time:

Bedford	North Stafford (Stoke)
Bollington and Macclesfield	Oldham
Bridgwater	Oxford
Brighton	Poole and Bournemouth
Croydon	South West Middlesex
Epping Forest	South West Surrey
Gillingham	Swansea
Grimsby	Urmston
Ipswich	Wycombe and District
Luton	Maidstone
Maidstone	North London
	York

The following Groups have, what might be termed, special occupation centres and,

in some cases, treatment is available together with speech therapy:

Cardiff	Ilford
Bristol	Scunthorpe
Crewe	Southampton
Dudley	Sale

What might be termed Welfare Departments, mainly designed to assist older Spastics, are operated by the following:

Bradford	Nottingham
Halifax	Widnes
N.W.London	

Work centres, varying in scope have been opened for adults by the following:

Croydon	N.W. Kent (Erith)
Central Middlesex	Stockport
Central Surrey	Swansea
Kingston-on-Thames	

A holiday home is run by Cumberland, Westmorland and Furness Group.

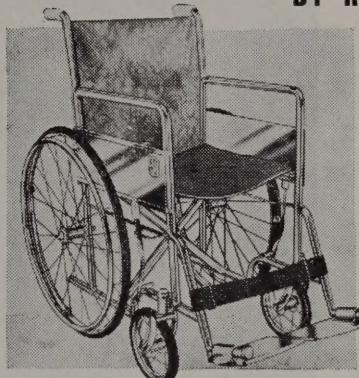
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Wheelchair Rentals are the latest thing!

BY R. MOWBRAY



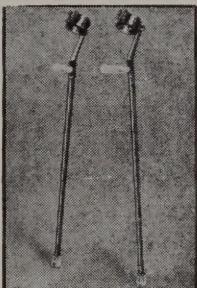
Take a Tip!



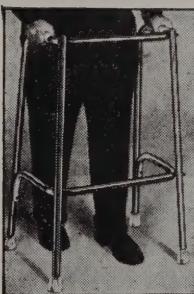
Be well advised! The Zimmer Walking Stick is adjustable in $\frac{1}{4}$ " graduations. Fitted non-slip crutch tip and white non-stain cushion handgrip. Weight 1 lb. Made for long, dependable service.

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Although it weighs only 5 lb. and is easy to move, the Zimmer Lightweight Walking Aid provides strong, all-round support. Whether the user is walking or resting, a feeling of security is experienced. Made from $\frac{3}{8}$ in. alloy tubing with four heavy duty non-slip rubber tips. Standard Model 33 ins. high.

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FRONT COVER

The daffodils which each year abound in the copses on the Isle of Wight, have this season been turned to a very useful purpose. The Forestry Commission have acquired two areas in which the sole collecting rights of daffodils have been given to the scouts and guides of East Cowes. The flowers will be collected by the young people and handed over to the Secretary and the Chairman of the Isle of Wight Spastics Society. They have arranged for them to be sold by Island florists.

- Everest & Jennings Folding Wheelchairs
- Walking Stick
- Elbow Crutches
- Lightweight Walking Aid
- Quadruped Walking Aid

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"Ideal Home" Fountain

An elegant fountain was the main feature which greeted visitors as they entered the gardens laid out in the *Daily Mail* Ideal Home Exhibition, at Olympia. So many people threw coins into the water, that the Exhibition authorities decided to donate the money to their "favourite charity", the N.S.S. £450 was finally collected. On the day before the Exhibition closed, the Director of our Society, Dr. C. P. Stevens, and his wife, were presented with a cheque for the money. In our picture, Mrs. Stevens, watched by Mr. Trevor Smith, one of the organisers, throws a coin into the fountain for luck.

(It seems as if throwing coins into fountains is becoming fashionable. Lord and Lady Harewood collected £158 from theirs last year, during the House Opening season at Harewood House. A notice was erected to say that money collected would be given to spastic children and eventually a cheque was sent to the N.S.S. for the benefit of Hawkesworth Hall.)

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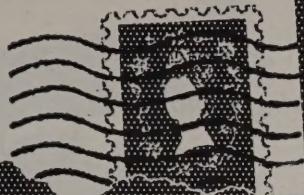
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from the Mailbag



TEENAGER'S GESTURE

Dear Editor,

At the request of one of our employees, a sixteen year old junior parts assistant, who recently lost a foot in a motorcycle accident, a collection that was made for him is being forwarded to you to help in your efforts.

He states that this would give him more pleasure than anything that was bought for him.

Yours faithfully,
(Mr.) R. WOODS,
Parts Manager,
Collinge Motors Ltd.,
Rochdale.

(The name of this gallant youngster is David Howden who lives at 203 Rochdale Road, Middleton, Lancs. Please accept the sincere thanks of the N.S.S., David. Everyone wishes you a speedy recovery.—Ed.)

DANCING TEACHER

Dear Editor,

I was most interested to read in your October magazine the story of George Tyrrell who has attained so much success with his dancing and felt I must write and tell you of another spastic who has achieved even greater accomplishments in this field.

Graham Hill is now 30 years of age. He lives at Flat 4, 684 High Road, Tottenham, N.17. He is a case of cerebral palsy which has resulted in paralysis of hands, arms, legs and facial muscles. His intelligence, however, is above the average and in spite of his severe handicap he has succeeded in making a place for himself on the staff of the Surveyors Section of the Architect's Department of the Middlesex County Council and holds a fairly responsible position. His mother was most sensible concerning his upbringing and made him do things for himself however long it took. Besides his work during the day he leads a full life and takes an active part in the affairs of the local church. He is sitting for examinations in connection with his work and hopes soon to become a fully qualified Quantity Surveyor.

To his great credit Mr. Hill has won Bronze, Silver and Gold medals and prizes in ballroom dancing and has secured a special certificate qualifying him as a teacher to disabled persons in the evenings and has a class at Tottenham.

A few years ago he married a young lady, ablebodied, who has similar interests to his own and they now have a small daughter who brings great happiness to them both.

His is a story of hard work, achievement and unqualified success. Mr. Hill can take his place as an equal with anyone and we are all proud of knowing him and for having him as a colleague.

Yours sincerely,
JOHN C. SUTCLIFFE,
Public Relations Officer,
Middlesex County Council.

HOME FOR ADULTS

Dear Editor,

As an adult spastic happily in a pensionable job, I nevertheless view my old age with some trepidation, so I was especially glad to read in the March SPASTICS NEWS of the Arthur Clark Memorial Home for Adult Spastics. I should be very happy to pay a weekly, monthly or yearly subscription now, towards a home for adult spastics in the hope that by so doing there would be somewhere for me to live when I am no longer able to work. How do other "working spastics" feel about this problem? Could we not get together?

Yours sincerely,
(Miss) MARGARET MATHER,
Worsley, Manchester.

OUR VICTORIAN SPASTIC

Dear Editor,

I wish to thank all who have helped in the publication of my Life Story. My hope is, that it may be of some help to the many brave souls who have to travel the "spastic road" through life.

Yours sincerely,
(Mr.) G. BUTCHARD,
Vicarage Park, S.E. 18.

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for a better letter*

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ENVELOPES FROM 6d

COUNTRY WIDE

From our roving reporter



Courtesy: *Bedfordshire Times*

Mr. "Pastry"

When he met officials of the Midland Spastic Association last year, "Mr. Pastry" (comedian Richard Hearne) promised to help raise funds for a domestic science unit at Carlson House spastic school in Victoria Road, Harborne. To keep his promise, "Mr. Pastry", resplendent in straw boater and tails, drove in a 40-year-old Model T. Ford from Moseley to King's Heath, to open the Association's spring fair at Institute Road School. Many of the goods on sale were given by Birmingham and Midland firms and the stalls were decorated by students from Moseley Road School of Art. The proceeds will enable about twelve 13-year-old girl students to study at the unit. The Carlson House School, founded by the Association in 1948, is a day school attended by 53 spastic children from a large area around Birmingham.

A week later, when "Mr. Pastry" and his wife left by-air for an American holiday, they got off to a really flying start with some very satisfying news. A cheque for £3,000 was handed to the Lord Mayor of Coventry, Ald. W. H. Edwards, to pay for a hydrotherapy pool, when Baginton Fields School for physically handicapped children is rebuilt in about two years' time. It was part of £5,000 raised for spastics by "Mr. Pastry" in his spare time while appearing in the Coventry Theatre pantomime, "Beauty and the Beast". The show's three-month run ended in March. This makes the ninth "Mr. Pastry Pool" to be achieved so far by Mr. Hearne's money-raising efforts.

The other £2,000 will be used to furnish and equip Pendrels, a residential home for spastics which Coventry and District Association has established at Meriden and is to open in the summer.

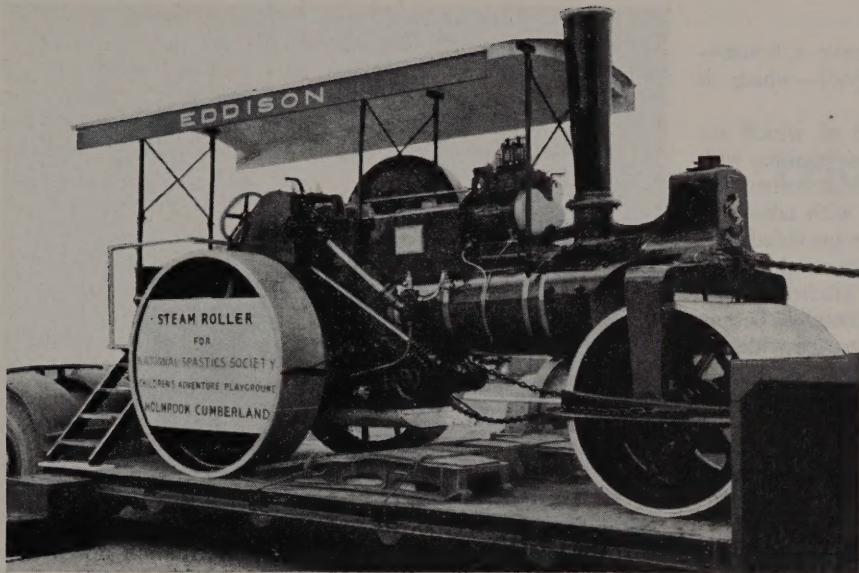


Spring brought the usual crop of fashion shows and Groups all over the country took this opportunity of raising money for their worthy causes. Godfrey Wynn opened the show given at the Corn Exchange, Bedford, in aid of the Bedford and District Spastics Society.— Hey! Who's pinched my boater?

Spring Wedding

The happiest day of their lives was no cliché for the happy couple pictured with that welcome figure, the Vicar. Eric Seaton, 32-year-old partial spastic, first met his bride, Patricia Stafford, after losing his job at a N.A.A.F.I. bakery two years ago. He went to the N.S.S. for help and they unwittingly played Cupid. At the Guild of Friendship run for disabled people in Peckham, he met 24-year-old Pat and 10 months ago he proposed. Said an excited Eric: "If I hadn't lost my job I'd never have met Pat." After a honeymoon at the Arundel Hotel, Westcliff-on-Sea, the newly-weds now live in a flat at Walworth. Eric works in the N.A.A.F.I. in Kennington-lane, and Pat in the West End. They were married at St. John's Church, Walworth, by the Reverend Auckland from Brockley Hill Church, who is a lifelong friend of the bride.





Courtesy: *Nottingham Guardian*

Superb colour films at Newport

A series of colour films by members of the Isle of Wight Amateur Ciné Society, recently screened at the Queen's Hall, Newport, provided both excellent entertainment for a large audience and financial assistance to the spastic unit at St. Mary's Hospital. The Mayor and Mayoress of Newport (Ald. A. O. Purdy, C.C. and Miss Joan Purdy) were present.

The programme opened with an unscripted film, "Pot Luck" by Mr. C. A. F. Sheppard, which won the Morgan Cup this year and featured another form of art—pottery by Mrs. Maud Lander in her studio at Rydd. The main feature, a further fine example of the cameraman's art, was a film of Island manor houses.

Viewers looked at nature through the eye of the camera with such films as that of the wild bird sanctuary near Peter Scott's home in Gloucestershire and floral displays centering on the Dutch bulb industry. Other interesting features of this very varied programme were films on the dying Island craft of hurdle making and the unique Derbyshire custom of blessing the wells on Ascension Day at Tissington.

The Mayor expressed his pleasure at such beautiful cinematography and at the fact that there were so many present to support a well-known cause. The secretary of the I.W. Spastics Society, Mr. R. V. Wright, thanked those responsible for the evening's entertainment and announced that the unit would be officially opened on May 7. The total raised to date was £11,500, with £3,500 still needed to reach the target.

Snooker

Irish snooker champion, Jackie Rea, is touring the country playing exhibition and challenge games on behalf of the N.S.S.

Swimming gala

The Thomas Delarue School held their first swimming gala at the Monson Road Baths, Tunbridge Wells, on Sunday, April 3.

The lucky winners of the races and heats were presented with prizes by Judy Grinham, the Olympic gold medallist.

After many years of toil a steamroller is going to spend the rest of its days in the "quiet" of a children's adventure playground!

It left Eddison Plant Ltd. of Grantham on a low loader bound for Irton Hall, but before it was speeded on its way it had received V.I.P. treatment. A suitably large envelope containing a letter from the pupils of nearby Wilfred Pickles' School was placed round its chimney by the Mayor of Grantham, Councillor Ernest Smith.

Lord Buckhurst, a director of Eddison, officiated at the handing over ceremony and presented his old faithful to Mr. A. Lubran, Principal of Irton Hall. "This will not only provide endless fun," said Mr. Lubran, "but is a much needed incentive to movement. The children will want to climb all over it to explore the fascinating mechanism. It will be made fast—to avoid any risk of injury—in the playground along with a tractor and a 32-seater bus." Later it is hoped to obtain an airplane, a boat, a miniature railway and a climbing jungle for the youngsters, whose ages range from five to eleven.

Judy had driven down from London with her fiancé, Pat Rowley, a sports writer. We are happy to announce that they are getting married next month.



Courtesy: *Tunbridge Free Press*

Judy with three of the competitors

"For a first attempt, the gala was well organised," said Judy, "but we can all learn from our mistakes." One of the attitudes which impressed her was the bright and cheerful way the competitors took part. "They all tried so hard," she said.

It was very encouraging to have such a celebrated swimmer at their first gala and the school hopes to make it an annual event.

Summer Accommodation

The Blackpool and Fylde Spastic Group have a house—"Beechfield", 216 Whitegate Drive, Blackpool—which is situated adjacent to Stanley Park.

The house is divided up into flatlets, each of which accommodates five families. The project enables families with a spastic member to cater for themselves without restriction. Hot and cold water is laid on in each flatlet, with adjoining bathrooms and all bedding and tablecloths are provided, but tenants have to bring their own towels. Cots are available for young children. Communal rooms include a kitchen, where a family has its own cooker and separate meter—cooking utensils, electric light, cutlery, crockery, etc. are provided—a large dining room with separate tables, a large lounge with TV, billiards table and a piano. There is a free parking space for cars.

Charges are reasonable; for a flatlet to sleep five persons the cost is eight guineas per week. A deposit of approximately 10 per cent. should be sent with bookings.

All those who are interested should write to L. Troy, Esq., "Beechfield", 216 Whitegate Drive, Blackpool, or 'phone Blackpool 61444.

American Booklet

A booklet on cerebral palsy, entitled "Guidelines for the Future", has been produced by the United Cerebral Palsy Associations, Inc., of New York, and is part of a Parent Education Series.

It is extremely well printed with one colour, yellow, and the delightful drawings and well-laid-out plans do much to add to the attractiveness of this useful publication. The interesting features cover the comprehensive range of questions which arise from the cerebral palsy problem. The authors are: Jack W. Birch, Chairman, Department of Special Education, University of Pittsburgh, Pennsylvania, and Godfrey D. Stevens, Director, Special Education Section, Medical and Scientific Department, U.C.P.A., Inc., New York.

This booklet has been planned primarily to serve the needs of parents of cerebral palsied children. It is the first in a projected series of publications designed to assist parents in thinking through the many problems that are part of the privilege of parenthood, and the responsibilities of being the parent of a handicapped child. Generally, as the title suggests, the tone of the book is intended to be positive. It is intended to aid in developing wholesome attitudes in mothers and fathers who assume their tasks with dignity and skill. The booklet also should prove helpful and informative to a general reader, a student, a lay volunteer, or an interested community leader. The authors sincerely hope that this material has as much meaning for the reader as it has for them and the many people who assisted in its preparation.

New Crutch Tips

Zimmer Orthopaedic Ltd., manufacturers of Fracture Equipment, have produced a new type of crutch tip. Their No. 1321 Safe-T-Flex crutch tips represent a considerable advance in design. The swivel action of the stem on the base is one of the new features of this tip providing safe, instant and positive adhesion to the floor, so that the crutch tip is in contact with the floor surface most of

the time, making walking easier for crutch users. This Safe-T-Flex tip is much less obtrusive than the four-pronged attachments fitted to crutches and walking sticks to give stability. As with other Zimmer crutch tips it is made from a special hard wearing quality of non-marking rubber and has moulded vacuum seal rings in the base of the tip. Price is 10s. per pair.

Magazine for the Disabled

A small magazine, designed for the disabled and handicapped reader, is being published by Mr. W. M. Rawson of Staffordshire and Mr. M. Stobart of Cambridge. The front cover is printed on art paper with one colour and the body of the magazine is duplicated. The short stories, articles, etc. have been mainly contributed by disabled people.

"Wider Horizons" costs 4d. and comes out monthly. It aims at encouraging a sense of community between the readers—providing free copies in such cases where the need is real. The editors wish to receive contributions on all subjects and don't insist on typewritten manuscripts.

Anyone wishing to obtain further information about this magazine, or who wishes to subscribe to it, should contact Mr. W. M. Rawson at Hounds Hill Cottage, Marchington, Uttoxeter, Staffs.

Flag Making

The appeals secretary of the National Spastics Society, Colonel R. M. Lloyd, has, on many occasions, been asked by Groups whether the National Spastics Society makes or supplies flags for Flag Days—if not, where can the flags be obtained. To save him a great deal of work we take the opportunity of printing the advice he has given to Groups.

"N.S.S. does not keep and store flags because of (a) lack of storage room, (b) deterioration of such articles when stored, (c) impossibility of finding an omnibus emblem. What I advise you (Group Hon. Sec.) to do is to get a local printer to mark sheets of paper—coloured if you like—into rectangles roughly 1½in. by 1in. in size. In these rectangles get him to print whatever emblem or wording you are going to use. He will probably do this with zincos or tiny repeated blocks, or he may use litho, that is up to him. If you want different wording on the reverse, then get the printer to rule up sheets of gummed paper, same size on each. When he has printed them, with his guillotine he will cut them up, and your volunteers then insert pins to provide finished flags. If you are using different wording back and front, then you will yourself have to gum sheets together and cut the rectangles out with scissors before inserting pins. Some local printers will do the job at cost price, most cut their charge, and one at least has been known to do the job on old paper free of charge. Of one thing you may be certain, this method will prove much cheaper than the price you will be asked by any manufacturer of flags."

The Halifax Group were so satisfied with the result that they sent in to Head Office a specimen of the blocks which had been made to Colonel Lloyd's specifications. Their group secretary, Mr. Greenwood, writes: ". . . Your suggestion for making our own flags saved us over £30 . . . We had a quote for £50, but instead we had 30,000 printed on gummed paper, after the fashion of your advice, and with the help of a few volunteers did an admirable job of sticking them together and inserting pins, and the cost of the 30,000 emblems, including pins, amounted to less than £16."

We hope this advice will prove to be as useful to other Groups who are facing the same problems.





PERSONALLY SPEAKING

by

William M. C. Hargreaves

the N.S.S. Industrial Liaison Officer

MR. WILLIAM HARGREAVES has travelled thousands of miles all over the country to help spastics. He has succeeded in creating a climate of understanding between industrial firms and employable spastics. He has addressed over 120 Disablement Advisory Committees, numerous rotary clubs, industrial firms and regional boards for industry and we are happy to have the opportunity of publishing an article by him.

* * *

I am an ordinary person who happens to be spastic. My legs do not work properly and my hands occasionally let me down—particularly when I expect them to do new things. Rather frustrating at times—but after all ordinary people have their frustrations too.

There are many things that are part of me in exactly the same way as they are part of every person. I have feelings and I have a personality. I cannot help my feelings, but I can help my personality and in my view, it is personality that counts most of all, if spastic people are to be accepted as "ordinary" persons first and handicapped second.

There are, of course, all sorts of personalities. We, as handicapped people, have to try and develop good personalities. In short, to try and be the sort of people who are completely acceptable and integrated in Society. We have to make other people feel at ease with us. We have to show that while we may look different we are quite nice to know and a pleasure to be with.

What can we do about it?

First of all, we must learn not to take offence at other peoples' curiosity. We must not allow our feelings to be hurt by this—it is, after all, only human nature to be curious.

I know what it is like to be at the receiving end. And, like many other handicapped people, in my younger days, I was much upset by the stares and comments of others—particularly young children. Do not blame them: it is because they do not understand and in their own way are only curious and mean no harm.

Some time ago a little boy was walking by my side, he simply could not understand my lurching and staggering walk. In the end he said "Your legs aren't any good to you, are they Mister?" "No" I replied, "but they get me around!" I have laughed a good deal about this ever since.

Secondly, we must watch our appearance. My role brings me into contact with scores of my fellow spastics and I am sometimes very distressed by what I see. So many do not try to make the best of themselves.

Everyone can make sure their shoes are clean and nicely polished, their clothes neat and tidily put on, their hair brushed and nails and teeth clean. Every disabled person should take a pride in his or her appearance—it helps tremendously when meeting other people.

Some spastics possess hearing aids but are shy about using them. I wonder how many of them realise that by not using their hearing aid they are adding to their disability and making it very hard work indeed for other people to make them hear?

Some I have met do not even bother to wear their dentures. This makes their speech indistinct and certainly does not enhance their appearance!

I mentioned this once to a young man who replied "If I had known you were coming I would have put them in!" Perhaps he would have baked a cake too.

We must also watch our behaviour and manners. How many of us I wonder take a sort of malicious pride in our tempers? I know I did. When I look back I am horrified—I must have been unbearable to live with. I had to learn that everyone has a temper which can and must be controlled. A temper is, after all, only a method we sometimes use to exert our will over someone else.

What about manners—the common courtesies towards other people. Are we sure we never try to superimpose ourselves upon others? Never interrupt conversation? Do we, if we can, stand up when a lady enters the room? Are our table manners all they should be—or do we reach across others instead of asking them to pass what we want? Do we take too much for granted that other people like us? Are we too demanding?

Finally, we must try to act our age. If we behave in a babyish way we must not be surprised if we are treated as a baby.

To some of us these things are very difficult but I believe that by our bearing and cheerfulness, we can not only win friends, but we can also be a source of great encouragement to the millions around us who also have troubles.

It is particularly important that those of us who are fortunate enough to be able to earn our livings should always try and set a good example. Upon our success depends to a great extent, the success of the National Spastics Society in placing others in work.

NEWS

IN BRIEF

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A working committee was ap-
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to elect representatives to the
place in the third week in Marc!

There will be a further mee-
delegate from each country
which will then have been colle

Swindon: At last the suspense is over. Now Swindon people know just who has won the make-a-cake contests sponsored by McDougalls. Mrs. M. E. Carter, chairman of Swindon Spastics Society, received 161 cakes for distribution to spastic children and McDougalls gave 60 half-crowns to be spent on a surprise for them.

Welwyn: British Railways have promised to look into the possibility of a cantilever type bridge to be affixed to the existing structure near Sherrards Training Centre.

Bolton: Thirty-eight-years-old Mrs. Susanna Cullen, of Heywood, a spastic, has won £1,148 in the Friends of Spastics League Football Competition. As a mark of her gratitude she is sending a donation to the N.S.S.

Members of the Bolton Round Table had an original idea for raising money in aid of the Birtenshaw School for Spastics and other local charities. For the past five months they have been selling tickets to thousands of people who tried their luck in estimating the number of tennis balls piled into a Ford Popular car. When the day of reckoning came it was found that 2,505 balls had actually been in the car. The winner received the Ford Popular. Good judgment!

Warrington, Lancs.: A cheque for £46—proceeds of the annual ball of Stockton Heath sub-division of Cheshire Constabulary, was handed to Mr. F. Bellman, Warden of Daresbury Hall, to benefit the Residents' Amenities Fund. This fund makes provision for trips and social outings for residents which are not catered for by the national fund.

Hanley: A display was given by 100 members of the Burslem section of the Women's League of Health and Beauty to mark their 21st anniversary. The proceeds of the display, which was attended by the Lady Mayoress, will go to the local spastics' association.

Sheffield: The Sheffield University Students' Union handed over £340 to the Barnes Hall Short Stay Home for Spastic Children. This money was part of the sum raised by their last rag.

Workington: Arrangements are in hand for the spring opening of the Westways Spastics' Holiday Home, Allonby.

Barnsley: The appeal for £5,000 to provide a building for spastics in Barnsley and District has realised just over £3,000 in 18 months, and work on the building is expected to start by the end of April. Since the Barnsley Butchers' Association launched the building appeal with a donation of £103, money has been reaching the Projects Secretary, Mr. G. H. Walton, 8 Burton Road, Barnsley, at the rate of £50 a week from various sources within a 15-mile radius of Barnsley.

Coventry: A cheque for £850, the result of a year's effort by the Chapelfield's Branch of the Fiddlers' Fellowship was presented recently to Coventry and District Spastics Society.

The money was raised at concerts organised by Mr. "Snowy" Edmands, of Coventry Variety Artists Association.

Islington: A spastic charwoman who is unable to speak was the first to spot a fire at a milliners in New North Road, Islington. Firemen working from the upper floors directed seven powerful hoses on to the fire, and within half-an-hour everything was under control.

Sunderland: A rock 'n roll singer, a manager and a bookie's clerk have joined forces at Sunderland to raise money for spastics. They are organising a series of 20 concerts aimed at raising at least £200. Mr. Jack Carter, the clerk, and Mr. Ted Leonard, the shop manager, already run the Sunderland Spastic Darts and Dominoes League. The singer, 23-year-old Mr. Bobby Knoxal, who has sung in London night clubs, will top the bill. At the start of each show Mr. Carter will talk to the audience about spastics and their problems.

Belfast: The guest speakers at the "Ladies' Night" of St. Jude's Polling Branch held in Ballynafeigh were Rev. and Mrs. T. G. Eakins of the Tom Doran Spastic Training Centre at Parkanaur, Castlecaulfield. Mr. Eakins paid tribute to the Ministry of Labour for the help it had given to the Centre at which young people from the ages of 16 to 25 are being taught trades and professions. He said that one firm had promised to give employment to 50 trainees. Mrs. Eakins described the domestic side of the work. A decision was made for the members of St. Jude's Branch to visit the Centre during the annual outing in May.

Stamford, Lincs.: At Stamford Cattle Market a crippled sheep was presented to be sold in aid of the Wilfred Pickles' School at Tixover.

Ilford: At their first dinner and dance the press shop section of Ford's wheel manufacturing group—formerly Kelsey Hayes—had as their guest of honour, Mr. Norman Rossington, well known as "Cupcake" in television's "Army Game". During the evening, which included a cabaret by stars of stage and screen, a collection was made for East London Spastics Group.

A Spastic Assistant Scoutmaster organised a show which raised £25 for handicapped scouts. He is Mr. David Beebee of the 5th Ilford North Scouts. Highlight of the show was a colour film on the work done for handicapped scouts.

Northampton: Another Students' Association Rag—Students of Northampton College of Technology sent a cheque for over £78 to the Northampton and County branch of the N.S.S.

Hull: A charity whist drive, organised by the Scots Society of St. Andrew, Hull, raised £30 in aid of the Hull Spastics Society.

Although the thought of organising a dance must have seemed formidable, two North Ferriby women decided to

tackle it and were determined to make it a memorable night to help the Friends of Spastics. More than 120 people travelled from Hull and other parts of the East Riding to support the dance held at the Duke of Cumberland—and £95 was raised in aid of a worthy cause.

Bradford: The annual Civic Ball in Bradford is one of the most popular social events of the year and 1960 was no exception. Five hundred tickets were sold within 48 hours, and the resulting £300 was shared between five worthy charities, including the N.S.S.

York: The net proceeds of the charity dance at the Regency School of Dancing, York, was in aid of work being done for children by the York and District Spastics Group. The spot prizes were given by Friends of Spastics.

Erith, Kent: The Erith Round Table have decided to hold a horse show at Erith Stadium on June 18, in aid of North-West Kent Group of the N.S.S. (which recently opened a centre in Erith) and other local charities.

Ashton-under-Lyne: Millbrook "New Players" presented the comedy "Here We Come Gathering" in Abney Congregational School, in aid of Oldham and District Spastics.

Oldham: Winner of the *Daily Mirror* Deb. of the Year contest, Miss Barbara Dawson, was the lucky recipient of a magnificent Hartnell-designed wedding gown and going-away outfit. She first wore the dress at a ball at the Dorchester Hotel when she announced her engagement, and again when she married. What would you do with such a fabulous, expensive gown—and your wedding gown too? Would you put it away and preserve it carefully to be looked at occasionally, to show perhaps to your future children? Barbara didn't. She gave it away to be raffled in aid of spastics!

Glasgow: Young patients from Caldwell House Hospital, Uplawmoor, Renfrewshire, presented an operetta, "The Enchanted Emerald", at the Lyric Theatre, Glasgow, in aid of World Mental Health Year. Those taking part were all mentally handicapped and some, including the principal girl, were also spastics.

Barrow-in-Furness: A baby-sitting service is run by the Furness and District Spastic and Handicapped Children's Society. The secretary, Mr. R. A. Wilton, said the Society is helping as much as their limited funds allow by providing a home relief service for patients who wish to go out together and who have nobody with whom to leave the handicapped child. The immediate hope of the Society is to repeat last year's scheme and send away three handicapped children and their mothers for a seaside holiday at a holiday home.

North London: The new part-time children's treatment centre opened by the North London Association of Parents and Friends of Spastics is in urgent need of £2,000 to extend its work. This appeal was made in the Association's Year Book for 1960.

The Year Book refers with gratitude to the Boroughs of Finsbury and Islington in whose baths the 8-year-old Optimists Swimming Club meets free of charge on Sundays.

Carlisle: Mr. Edward Hemmings is taking up employment with the N.S.S. as leisure-time organiser at Colwall Court. Mr. Hemmings was trained at the Currack House Institution in Carlisle.

Portsmouth: A recent ball held in the Guildhall, Portsmouth, helped to raise funds for the Work Centre for adult spastics which is being planned. The secretary of the Portsmouth and District Spastics Society, Mr. R. R. Littlewood, said the members were determined to provide some place where older people could go after they had left the unit for spastic children at Queen Alexandra Hospital. "We aim to give them a new deal in life", he said. Already £5,000 has been raised and the Society wants to raise another £3,000 because the members will be equipping and running the centre themselves. Mr. Littlewood hopes to be able to find a building where the centre can be established. The Royal Navy in Portsmouth has helped the Society by collecting, in just over two years, about £200.

Darlington: In a recent letter to the *Sunday Post*, Glasgow, Mrs. A. Wilkins, 40 Latimer Road, Darlington, said: "My husband and I visit and help spastic patients. We play criss-cross quiz, what's my line, etc., but we're short of original ideas for patients in bed or wheelchairs. Can someone help?"

Burnley: An exciting new beauty competition—"Trades Queen of Burnley", is being organised in the town and girls working in the surrounding districts are eligible. Finalists will be invited to take part in the first stages of the search to find "Miss England" at a competition to be held at the Empress Ballroom on May 20. The Trades Queen will be chosen at the Empress on May 13. Proceeds of the contests are to be devoted to the N.S.S.

THERE ARE NO
CRISPS
TO EQUAL
SMITH'S
FOR QUALITY AND FLAVOUR



Picture of child eating

After a short visit to . . .

THE WORPLESDON DAY CENTRE

Memorial Hall
Worplesdon
Surrey

IF you wish to visit the Worplesdon Day Centre, near Guildford, you can save yourself a lot of trouble by walking straight through the doorway. Don't try to remember to press a bell or use a knocker because nobody is there to answer it.

Now that does not mean you are going to be neglected but the door is just left open as a gesture of goodwill. This oft employed term is taken for granted by everyone associated with this charming Day Centre.

After passing the threshold and walking along a short passageway, you find yourself facing a spacious hall at the end of which a stage has been built. On either side of the stage you will notice two doors. Don't try to pick the best "seat" in the house, because no-one from the art world is going to appear on the stage. Instead you will probably be greeted by Mrs. G. Naylor, and you couldn't wish for a better welcome. A refreshing smile and a good word would always be ready for you and whatever question you ask about the Centre you are bound to have the fullest answer. Naturally you couldn't refrain from enquiring about its history and this is what you would find out.

The Centre was started on 19th September, 1955, by the South-West Surrey Group, and contributions were given by the North-West Surrey Group, and the North Hants and West Surrey Group.

However, in July 1958, the three groups combined, as children from all the areas were attending. The Centre is now the focal point of their fund raising.

The seed of the idea was sown when some parents of spastic children in the South-West Surrey Group decided that a centre was necessary. They got in touch with Dr. J. H. Crosland of the Croydon Clinic who offered to screen spastic children in the area. Mr. J. R. Chisholm, who was chairman of the Group, and Mrs. G. Robbins, one-time secretary, immediately set themselves to encourage the parents to take up the offer and it was only four or five months later that the Worplesdon Centre was in operation. For the first fortnight, the 16 children relied on voluntary transport but Dr. K. A. Souter, the Medical Officer of Health for Surrey, gave permission for the use of the Hospital Car Services. Nowadays cars pick up the children, who must be accompanied by an adult, from a wide radius.

The War Memorial Hall in Worplesdon, which is managed by trustees in the village, is let at a rate of £5 per week to the Group.

Twenty children whose ages range from 2 to 15 now attend the treatment centre on Tuesdays, Thursdays and Fridays. Good co-operation is received from the doctors of the local hospitals including Guildford Hospital and Rowley Bristow Hospital, Pyrford.

The Surrey County Council Educational Authorities provide and maintain all the teaching equipment, and pay for two teachers. One arrives in the morning and tends to the little ones, giving them painting and reading lessons, and another teaches 15-year-old David and 14-year-old Carol



Learning to walk with special apparatus

who have two hourly lessons a day. The two young scholars do most of their work on a typewriter and they enjoy their lessons of English and arithmetic.

After you have your answer to the first question regarding the history of the Centre, do not hesitate to find out how Mrs. Naylor became interested in this project.

"I am an S.R.N.", she will say, "and a qualified midwife. The job as matron was offered to me and it entailed in the beginning visiting parents, showing films and lecturing. The main idea was to get the parents interested. We had a lot of support, including donations of practical goods from parents and voluntary participation in the work."

"In our team of workers there is another S.R.N. and two physiotherapists. At the moment we face a difficulty as we do miss the services of an occupational and a speech therapist."

By this time the children will probably be already seated in the dining room busy with one of the essential facets of the day—lunch. If you had a good look at these "delicious"-looking children you will distinguish the manner in which they are seated. Some are at small tables, whereas one or two are in special chairs. Others are seated on the lap of their nurse.



"Ah! that tastes good"

No doubt you have all the chances in the world of being invited for lunch and there, if luck comes your way, you will meet Mr. D. J. Barke, the Hon. Secretary. He would have one or two words for you concerning the future plans of the Centre. He probably would tell you about the application they have made to the N.S.S. for a grant towards a new building, in order to improve their facilities and introduce a five-day week. When this is established they hope to build a Work Centre for adults. It will be called the White Lodge Centre and built on $1\frac{1}{2}$ acres of land near Chertsey. Forty children will be accommodated there and the architects have already drawn up the plans. The Botley's Park Management Committee were extremely helpful in easing the acquisition of a site of land in the hospital grounds.

When the school is behind you and the last memory you have is of the children being collected by their parents, bear in mind that what you have seen is an integral part of society and it must be approached as such.



The painting lesson



*Mrs. G. Naylor, S.R.N.,
Matron*



Operation face-washing



Avril Angers



Lonnie Donegan



Cyril Stapleton

THE Record Star Show was a sell-out again this year. Thousands of "fans" packed the Empire Pool, Wembley, on Sunday, 27th March, to cheer their favourite stars of stage and screen. This excellent show is produced by show-business people themselves, our own S.O.S. in fact, and sponsored by the *Daily Express*.

Heading the bill were Britain's teen-beat artists who like the other topliners gave their services free. "This is the first time we have booked any of the 'rock' brigade," said a member of the N.S.S. "We have found that 'rock' stars are a tremendous attraction." And to see the way Cliff Richard, Adam Faith and the John Barry Seven were received just proved how right they were.

Cliff Richard, elegant in a sleek white suit, went through the usual motions now expected of a "rock" idol. Screams and long-drawn-out sighs greeted his appearance. The "fans" couldn't bear to let him go.

A huge roar awaited little Adam Faith as he trotted out on to the front of the stage dressed in air force blue—silk trews and a leather windcheater. Down he went, knees bent, imploring arms stretched out to the crowd, carrying them along in his enthusiasm.

Even our favourite singer, Vera Lynn, found it difficult to compete with the gyrating bodies for the affections of the crowd.

We were very sorry not to have Alma Cogan's warm presence but Shirley Bassey, as glamorous as ever, gave a fine performance. Winifred Atwell always shakes them up. Lonnie Donegan, Robert Earl and Dave Lee did a great job.

Husband and wife teams turned up in force, the wives doing their bit by selling programmes. Gay Sharples was there, wife of the well-known musical director, Bob Sharples; Elspet Gray, whose husband, Brian Rix, works so tirelessly for the S.O.S.; Rena Lotis, wife of Dennis Lotis—he took part in the show; Liz Valentine turned up although Dickie was ill in bed and couldn't make it. Other programme sellers were our old friends, Avril Angers, Audrey Bishop, Maudie Edwards, Hattie Jacques, Pamela Manson and Margaretta Scott, as well as John Blythe, Tito Burns, Max Geldray, Donald Houston, Francis Matthews and Edward Underdown.

Musical Directors: Tony Osborne, Norrie Paramor, Woolf Phillips, Bob Sharples and Cyril Stapleton. Ronald Shiner joined Brian Rix in signing autographs.

Gracing the occasion was the Countess of Westmorland, President of the S.O.S., who always manages to look so charming.

The Show was produced by Dick Hurran and compèred by David Jacobs, and it was a splendid success. Altogether about £4,500 was raised. The money will be well spent in looking after Colwall Court.

Photos courtesy *Daily Express*



Hattie Jacques



Donald Houston



David Jacobs

The record star show



Upper half:

- 1. Winifred Atwell
- 2. Shirley Bassey
- 3. Cliff Richard

Lower half:

- 4. Dennis Lotis
- 5. Vera Lynn
- 6. Adam Faith



Still in full swing

THE SUNDAY FOOTBALL CONTROVERSY

An apology is due to the S.O.S. for the error which occurred in last month's SPASTIC NEWS, when Leslie Wise was quoted as indicating that his Football XI had raised £8,000 to £10,000 for Colwall Court.

The TV All Stars XI (not to be confused with the Show Biz. XI, though the latter also help the N.S.S.) are ex-officio Honorary Members of the S.O.S. and are represented on the committee by Pat Sherlock and Leslie Wise, who are joint honorary managers of the team. On the occasion of the opening of Colwall Court in June, 1959, the TV All Stars in fact presented a minibus. Since then they have been collecting and intend most generously to defray the cost of installing a lift at Colwall Court.

No doubt the TV XI wish very much that they could hand over the sum mentioned all in the space of ten months, but that goal has yet to be reached and will be difficult to attain whilst the Sunday Observance Act remains in force.

The latest news from the TV All Stars charity matches is very encouraging. A bench of magistrates were told that they could impose fines totalling £400 but when the case ended at Norwich the magistrates gave an absolute discharge. This meant that although a conviction was recorded, no penalty was imposed.

The defendants were charged under an ancient Act, the Lord's Day Observance Act of 1780 which was originally drawn up in 1670 to prevent, among other activities, bear and bull baiting.

Mr. Harold Legerton's (the L.D.O.S. Secretary) reaction to this discharge was: "We are not deterred—though we are disappointed at the result of the case, we shall increase our efforts to get the law administered more severely."

Owing to lack of space, it has not been possible to print all readers' views but, although loyalties were divided, by far the greater number of replies were in favour of the Sunday charity matches.

Readers write:

Dear Editor,

"And Jesus saith unto them, is it lawful to do good on the Sabbath day or to do evil? to save life or to kill? But the Pharisees held their peace." The L.D.O.S., however, are prepared to answer—"thou shalt not do work on Sundays whether it be good or evil". The L.D.O.S. have put themselves into the situation that the Pharisees were not prepared to do. Jesus healed the man of his physical disability but no doubt today he would get a rebuke from the L.D.O.S. since they have prosecuted the Stars for their action to help others.

The S.O.S. have surely attained the best combination in providing a match with the intention of helping others to enjoy life. The Stars have done a wonderful work at Colwall

Court and let me close by saying that much pleasure has been gained from trips in the minibus (provided by the football team) on Sunday afternoons!

Yours faithfully,
(Mr.) Paul C. Robson,
Bexhill-on-Sea, Sussex.

Dear Editor,

The attack on Mr. Harold Legerton, was entirely unjustified. Any decent law-abiding citizen who saw others breaking the law of our land would immediately inform the police. As the promotion of these so-called charity matches held on the Sabbath are illegal in the eye of the law, then what alternative had Mr. Legerton? But further, may I point out that another law was violated and that was God's law. The Bible teaches quite plainly that Sunday is the Lord's Day and should be observed as such.

Mr. Leslie Wise says, "I don't think the Almighty will think any the worse of us for what we are doing or what we have done," but I say will the Almighty think any the better of him? No.

I notice Mr. Wise claims several members of the church to be behind him and that to me is a very good place to hide! May I say that quite a big percentage of the Christian Church stand solidly behind Mr. Legerton and the L.D.O.S. In the words of Martin Luther, "Here I stand, I can do no other, especially in the light of God's word."

Needless to say, both the church and the L.D.O.S. are solidly behind all these worthy Societies who seek to alleviate the sufferings of others.

Yours faithfully,
(Mr.) H. Forrest (father of a spastic son)
Nr. Accrington, Lancs.

Dear Editor,

I have enclosed a list of things I should like to ask Mr. Legerton, before I say he is right or wrong in his attitude about Sunday football. As a member of a church and teacher in Sunday School, in the choir, a member of the Women's Guild, on the cleaners and flower list (we take it in turn to put flowers in church each Sunday), I say from the bottom of my heart, I think it is people like Mr. Legerton who keep our churches empty—we are often more in the choir than congregation.

We have one of the finest Sunday Schools in the country but we rarely keep our young people for the church; as soon as they are old enough to come up against the self-righteous church members we lose them. My father was a Sunday Observance man, but he often held sacred concerts on Sundays for the blind, etc. Now there are no longer any Sunday concerts, the artists give their services playing football. I still can't see the difference, one was indoors, the other in the open. I think this Sunday football is best left as it is; as I see it they take people out of themselves on a Sunday, which most churches have failed to do.

If ever Mr. Legerton is this way I wish he would call, especially on a Sunday, when almost everyone up here is busy washing or gardening, or cleaning their cars. I reckon he'd die of shock, but they are mostly nice people who are out at work six days a week.

DOES MR. HAROLD LEGERTON:

Own a car and take an old or handicapped person for a drive occasionally?

Watch television or radio, use electric or gas or a bus or train on Sunday?

Just put his hand in his pocket and give his 10 per cent. to the church or does he help a rota of cleaners keep the place clean and light the fire on Sunday?

Go to church three times every Sunday and never miss and teach in Sunday School, belong to the choir and go regularly to choir practice?

Is it left to his fellow workers to produce the gifts for the sale of work, or does he make a proportion of the gifts himself giving his own time?

Does his church ever take its Sunday School to a fellow church on a Sunday by coach and does he hold weekly prayer meetings?

Have a fortnight's holiday every year at the sea or somewhere?

Have cooked dinner on Sunday, does he or his wife or housekeeper cook it?

Has he ever been in hospital or needed a doctor on a Sunday, and if one of his neighbours were ill, would he dig his garden for him or help in any way?

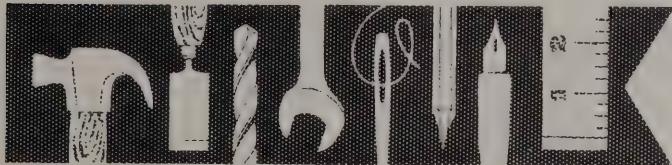
Would he have a word with his neighbour for doing her washing on Sunday when she works all the week, may be for him, or does he help his neighbour cut his hedge or lawn, or wash his car, or do his garden because he works all the week, including Saturdays?

Would he look after a handicapped child on Saturdays, so that its parents could have a day out together? and how many blind people has he helped across the road?

Do all his own gardening, etc., or get someone else to do it, so having Sundays free?

There are many more questions but if Mr. Legerton can answer all these things truthfully and come out with 100 per cent. marks, I'd say he has a right to be sore.

Yours sincerely,
(Mrs.) Margaret Wastnidge
(mother of a spastic son at Craig-Y-Parc),
Langport, Somerset.



Another list has arrived bearing the names of new-born employees. And here they are.

David Barnsley, from **Birmingham**, has been employed for some months by a large motor accessories firm in Birmingham as a trainee costs and works accountant.

Robert Channell, from **Exeter**, has moved to Southampton where he has found employment.

Robert Harron, from **Gerrards Cross**, who attended our recent Assessment Course at Colwall Court, has now started his first job with an Uxbridge firm.

Gillian Heaton, from **Staines**, is training as a shorthand-typist at the Queen Elizabeth College.

Stanley Keene, from **London**, is now working in the postal department of an engineering firm in Holborn.

Elizabeth Ludovici, who also attended our recent Assessment Course at Colwall Court, hopes to help in a nursery school in Barnet after she leaves school at the end of this term.

Griffith Owen, from **North Wales**, has been accepted as an apprentice machine shop operator with a local firm.

EMPLOYMENT CORNER

Valerie Roberts, from **Barrow-in-Furness**, is training as a shorthand typist at St. Loyes College.

Eric Rose, from **Burton-on-Trent**, is now employed by British Railways as a porter at the local station.

Archibald Savage, from **Glasgow**, having completed his training at Sherrards, is working as a capstan lathe operator with an aircraft firm in Hertfordshire.

Frank Sheath has found another job in the London area.

Peter Shudall, from **Wallasey**, has recently started his first job as a stores' clerk with a Liverpool firm.

Anthony Smeed, from **Leigh-on-Sea**, has recently commenced work at the Southend Remploy factory.

Ronald Thomas, from **North Wales**, is working at the Remploy factory in Wrexham.

Beryl Webster, from **Halifax**, has been found work with a local wire manufacturers.

Andrew Wood, from **Grantham**, is now working in a local engineering works.

Fred Rickard, **Stanley Sibley**, **Robert Spendiff** have all recently started work at the Central Middlesex Work Centre at Ruislip.



Bouwcentrum's two buildings—an older oblong one and a newer one with 18 sides—showing some of the great post-war city of Rotterdam, now the largest port in the world, leading New York by a small margin

ROTTERDAM INFORMATION CENTRE

by Dr. E. Clayton-Jones,
Gen. Editor, "Cerebral Palsy Bulletin"

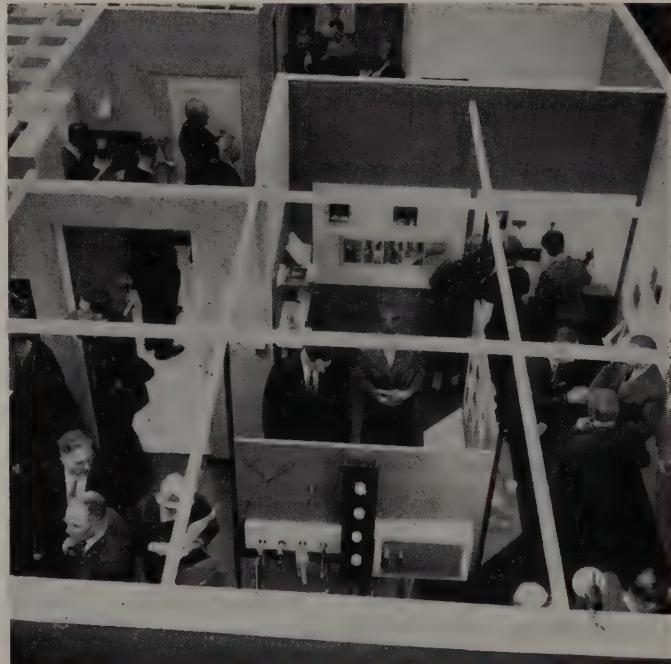
IN the past year the great Bouwcentrum, or Building Centre in Rotterdam has been expanded to include aids for the disabled. Anyone responsible for the care of handicapped people—doctors, nurses, physiotherapists, schoolmasters, and the like—can visit this new Information Centre. There they can find out what is available to meet the needs of some particular case, in the way of gadgets, special tools, cutlery, furniture and cooking utensils, electrical fittings, plumbing, typewriting equipment, and so on. The centre is not intended for the use of disabled people themselves but for their various professional attendants, helpers and instructors.

The Bouwcentrum itself has been in active existence for ten years, and has played an immense part in the reconstruction of this great city since the war. Parts of the town suffered heavily from the air attacks of both friends and foes, so there was much rebuilding needed. How efficiently this has been done can be seen from the lovely way in which comfort and refinement have been combined with fresh air, light, and ease of transport—it is the motorist's dream town.

In 1949 some 150 firms connected with the building industry combined to erect, staff and fill an international information centre. By 1959 a thousand concerns were making profitable use, individually or collectively, of the exhibition facilities offered by the striking sixteen-sided building in the heart of reborn Rotterdam. The staff of the technical information department could answer most of their visitors'

(Please turn to page 21)

The appliances, gadgets and other aids for clumsy or one-handed people are set out in a permanent exhibition



PAIN, PILLS AND PERSONALITY

by Ainslie Mears, M.D., B.AGR. SC., D.P.M., Melbourne, Australia

(Published by kind permission of "World Mental Health", the quarterly journal of the World Federation for Mental Health) 1960 is World Mental Health Year

WHAT are we going to do about the ever increasing use of sedatives and tranquillisers? The following thesis is offered as a possible solution.

The alleviation of pain of body and disquiet of mind has been one of the major pursuits of mankind. It has assumed such importance to us, that many have come to think of Paradise primarily as a place where there is no pain. There have always been two distinct approaches to the problem. There are those who would seek relief in some potion, a herbal brew, an alcoholic fermentation, or a product of the pharmaceutical laboratory, according to circumstances. On the other hand, there have always been those who would have none of these things. These others have sought to avoid pain by some act of will, by evoking an inhibitory function of the mind. Some have stoically suffered, and the hurt has lessened; some have inhibited it in the trance state of Yoga; some have called upon God and found comfort. As physicians, even in these days we still find patients who prefer to stick it out. They usually do not tell us by what means they try to inhibit their pain; we for our part are usually content with the comment, "If it gets too bad I can give you something for it." Thus, as a profession, we belong to the potion-taking group rather than the inhibitors of pain.

There is ample evidence that under some circumstances pain can be effectively inhibited. The child screams with the pain from his fall; but it is inhibited by his emotional response to his mother's kisses. How many times has a footballer played throughout the last part of the game with a serious injury, only to feel the pain of it at the final whistle? Hypnotherapists and Yogis use the trance state to inhibit pain. Why can't we develop this inhibitory power of the mind, and use it in our everyday life? I believe that the main reason is that we are simply not trained along these lines. In our culture the potion-takers have won the day against the inhibitors of pain.

Let us look at the problem from another point of view. We control our instinctual drives. Not only is our sexual drive inhibited in its activity, but the desire itself is largely inhibited in appropriate circumstances. Our native aggression

is similarly inhibited. Yet the mature adult can still use both his sexual and aggressive drives to advantage when the proper occasion arises. This state of affairs is possible because children from an early age are taught to evoke inhibitory mechanisms. But as regards pain, it is the reverse. We cannot bear to see our child suffer even a little. We immediately rush for the A.P.C. If he is distressed in mind, a small dose of our own tranquiliser will help him.

I do not like to see children suffer. But they have to suffer quite considerable mental turmoil in learning to inhibit their drives. Should we not also try to teach the control of pain?

We must be clear about this. We do not want people merely to endure pain; nor do we want them to enjoy it masochistically. We want them to learn to inhibit it.

How do we inhibit pain? I do not know. But it would seem possible that we might be able to attain a much greater voluntary control over pain and distress of mind if we were properly taught as children. Sexual impulses are explained to the child, and he is taught to control them, similarly with aggression. Perhaps when the child suffers pain we could explain that it hurts so as to warn him that something is wrong. Now that he has received this message he can let himself relax; the message will cease to be repeated; and the pain will pass off. As adults it is not very difficult to learn to inhibit minor degrees of pain such as pin-prick. This is easy enough in a light self-induced trance. The next step must be to inhibit the pain by act of will without any disturbance of consciousness or interference with motor activity.

The major difficulty of the present-day physician who would help his patients along these lines, is not so much the technical problem of teaching the patient to inhibit pain. This can often be achieved reasonably satisfactorily by hypnoidalisation or autohypnosis. The greater difficulty is to bring the patients to accept such an approach. "Are there no tablets I can take, or injections you could give me?"

If a pain-inhibiting mechanism is in fact a reality, and it seems that this is so, should we not try to modify our approach to life with the object of bringing it under better voluntary control?

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A report from a puppet

Spring 1960

MY name is Lucille and I have not been reporting for very long, but one thing I have learnt—a spastic girl can animate me, or one of my friends, as effectively as my old master used to push us around in the Tuileries gardens in Paris.

I must say, being in London is sometimes a bit depressing, especially during the winter season, nevertheless we are all under cover and our clothes are specially made for us. As you probably know it is quite a difficult task to design them. However, Carole Standingford, who is my mistress and the personality about whom I was commissioned to report, has a friend whose name is David Alder, who seems to do his job to our satisfaction.

Mind you, we do prefer the delicate hands of Carole but one cannot expect her to do everything and therefore when Michael Reeves (the big "human" on the right side of the photo) came into the picture—and a picture it was indeed—to help her out, we did not accept him so quickly. But well, we do adapt ourselves in time, and being artists we learn to be tolerant.

As you recall, we are not completely independent and our strings are our little dictators. Yet don't jump to the conclusion that Carole, who always so devotedly prepares our stage and scenery, pulls our strings with the heart of a politician. He does it for the sake of politics, whereas she manipulates our strings in order to give our sincere audiences the pleasure of a marionette theatre.

There is one thing which I have almost forgotten and I feel you ought to know. Well our memories are not as good as all that for our heads are only made of wood, but I believe it was in 1955 that Carole won third prize for her fancy dress at the Slough and District fête. On this occasion she presented a huge bouquet to the guests of honour, Derek Farr and Muriel Pavlov. And that reminds me of the way she hobbled on to—well, what you call—a real stage, in the annual display of her ballet class. She played the part of the old woman who lived in a shoe and, do you know, I almost felt that she was one of us at long last.

I must tell you something about the start of our theatre lest you will blame me for distorting the facts. Five years ago, when my heroine was ten years old and regarded as a spastic girl, she met David Alder, the boy I mentioned before. He had the lot of us (30 in all) and what a thrill it was to have Carole in our family. Here I must make a confession. At that time I did not know exactly what a spastic meant (remember I am only a puppet) but why it should be such a big problem for so many people who are not spastic to understand what it means, I don't know. After all we here have learnt it very fast. I just feel, if all the spastics are as nice as

Carole, the spastics are for me! The fact that Carole lay on her back for eighteen months as a baby and wore callipers to help her walk just raises my admiration for her. Having been together on many occasions entertaining local spastics societies at parties, fêtes and bazaars, has furthered the general understanding and co-operation between us.

Now, with me are lodged instructions to report about her hobbies. So here I shall list them and I bet you anything, it will surprise you. Knitting, sewing, playing the recorder and the piano, camping and mathematics all keep Carole happily occupied. I am not trying to claim that there is any connection between all these but you can't refrain from saying that Carole Standingford, of Farnham Common, is versatile and bright.

Courtesy: *Slough Observer*



This is me, Lucille, in Carole's lap dressed in my best for the picture



*On show—
some of my fellow puppets
being handled
by their bosses
starting from the left :
David Alder
Carole Standingford
Michael Reeves*

I would like to mention one fact which almost slipped my mind—her parents . . . most charming and sympathetic people and with regard to her young sister, Jill, needless to say, her support to Carole and their friendship has been of great importance and should not be overlooked. I just hope that everybody else who meets handicapped people would do as much for them as we, who are known by the name of the Paramount Puppeteers, do and feel for Carole. I really hope

that we give her pleasure with our funny antics. Not forgetting David and Michael who give her happiness in their friendship.

I have got to rush now but shall always be happy to report if you tell me that you liked this first attempt of mine.

P.S.—Anyone interested in acquiring the services of the Paramount Puppeteers (their theatre is 4ft. 6in. x 5ft.) should communicate with Carole Standingford at "Marba", Victoria Road, Farnham Common, Bucks. No charge is made, but transport would be required. Contributions would go towards the upkeep of the puppets.

(Continued from page 18)

questions, from their encyclopaedic knowledge of building materials, systems and techniques, besides having at hand an impressive collection of brochures, catalogues and booklets filed for immediate reference. In 1959 no less than 80,000 people visited the Bouwcentrum, mostly bringing problems with them.

So successful has this venture proved that it was a natural step to expand the centre's interests to include facilities for the disabled. This step was taken in May, 1959, again by the collaboration of existing organisations. Four of these combined in setting up a technical information centre for the handicapped—the organisations dealing respectively with polio victims (the Princess Beatrix Polio Foundation); with rheumatism sufferers; with the generally handicapped; and with those requiring rehabilitation, mainly for industry. The aim has not been to provide treatment for the disabled, nor to cover surgical appliances. The centre deals with technical aids—with devices for making machines suitable for people with one arm; with slings enabling a disabled housewife to carry a heavy saucepan across her kitchen, or ones that will steady her when doing the washing-up; with cups that do not easily spill when tipped up by a clumsy hand; with slotted stands to hold the cards for a disabled player; with switches that can be turned on and off with one finger; with taps worked with the feet, and typewriters worked with the mouth.

All these things, and hundreds more, are conveniently grouped here so that the interested person can find what he

wants with a minimum of trouble and delay. There is a central filing system, as in the building centre itself, where one may inspect catalogues and handbooks and learn what gadgets there are for one's patient, where it can be obtained and for what price. The exhibition is arranged in cubicles, as our illustration shows, each cubicle containing a selection of devices for one or two particular purposes, many of them arranged so that they can be tested on the spot. There is a fully furnished kitchen, containing perhaps 20 devices for the disabled housewife or cook. Some of the ideas applied here might, one feels, very well be adopted in every kitchen—why should only the disabled profit by them?

The two buildings, one rectangular and one 16-sided, are within (long) walking distance of the city's heliport. The Bouwcentrum is a non-profit making organisation, paying for itself from the small fees charged to inquirers and from the rents of the exhibitors. It publishes weekly and monthly magazines and undertakes and does all it can to encourage research. The space in the exhibition is allotted by a committee, and a staff of 220 are employed in running the library and files and in arranging the exhibits and keeping them orderly and up-to-date.

It would be an excellent thing if this country could have an information centre for the disabled on these lines. Perhaps our own Society might explore the possibilities of collaborating with other organisations?

Group Alterations

New Secretary:

YORK & DISTRICT SPASTIC GROUP

Secretary/Organiser:

J. C. BYTHEWAY, Esq.,
194 Stockton Lane,
York.



CUMBERLAND, WESTMORLAND & FURNESS SPASTICS SOCIETY

Secretary/Welfare Officer:

LEN STEPHENSON, Esq.,
Solway Villa,
Allonby,
Near Maryport,
Cumberland.



BIRKENHEAD SPASTIC CHILDREN'S SOCIETY

Hon. Secretary:

C. H. JOHNSON, Esq.,
c/o 43 Shrewsbury Road,
Oxton,
Birkenhead.



Change of Address:

OXFORDSHIRE SPASTICS WELFARE SOCIETY

Hon. Secretary:

Mrs. M. KNIBBS,
99 The Moors,
Kidlington,
Oxford.



COLCHESTER & DISTRICT GROUP

Hon. Secretary:

W. L. HARRISON, Esq.,
20 Beverley Road,
Colchester.
(Telephone: Colchester 4680).

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Change of Name:

Stockport & District Spastics Society is now known as:

**STOCKPORT, EAST CHESHIRE &
HIGH PEAK SPASTICS SOCIETY**



N.S.S. Regions

Disposition of the Groups

Eastern Region

(*Harry G. Knight,
Temp. Office,
37 Great Park Street,
Wellingborough, Northants.*)

- Chesterfield and District Spastics Society
- Corby and District Branch
- Derby and District Branch of NSS
- Grimsby, Cleethorpes and District Spastics Society
- Ipswich Branch
- Leicester and Leicestershire Spastics Society
- Lincoln Branch
- Mansfield and District Friends of Spastics Group
- Norfolk and Norwich Spastic Association
- Northampton and County Branch
- Nottingham Friends of Spastics Group (Sub-Committee of Nottingham District Cripples Guild)
- Peterborough and District Group
- Scunthorpe and District Spastic Society
- Stamford Branch

Midland Region

(*Officer to be appointed in 1960*)

- Cannock Chase Spastic Association
- Coventry and District Spastics Society
- Dudley and District Spastic Group
- Ludlow and District Spastics Society
- North Staffordshire Spastic Association
- Shrewsbury and District Spastics Group
- Stafford and District Spastics Association
- Worcester and District Branch

North Region

(*Roland J. F. Whyte
N.S.S. Trevelyan Chambers,
7 Boar Lane, Leeds, 1.*)

- Barnsley and District Association
- Birkenhead Spastic Children's Society
- Blackburn and District Group
- Blackpool and Fylde Spastic Group
- Bollington, Macclesfield and District Clinic for Spastic Children
- Bolton and District Group
- Bradford and District Branch
- Castleford Spastics Group
- Chester and District Spastics Association
- Crewe and District Spastics Society
- Crosby and District Spastics Society
- Cumberland, Westmorland and Furness Spastics Society
- Darlington and District Spastics Society
- Dewsbury and District Spastics Society
- Furness and District Spastic and Handicapped Children's Society
- Goole and District Spastics Association
- Halifax and District Spastic Group
- Hull Group, The Friends of the Spastics Society in Hull and District

- Lancaster, Morecambe and District Group
- Leeds and District Spastics Society
- Oldham and District Spastic Society
- Pontefract and District Spastics Society
- Preston and District Group
- Rawmarsh and Parkgate Spastics Society
- Rosendale Spastic Group
- Sale, Altrincham and District Spastics Society
- Sheffield and District Spastics Society
- Southport, Formby and District Spastics Society
- Stockport, East Cheshire and High Peak Spastics Society
- Sunderland and District Spastics Society
- Tees-side Parents and Friends of Spastics
- Urmston and District Group
- Warrington and District Group for the Welfare of Spastics
- Widnes Spastic Fellowship Group
- York and District Spastics Group

Northern Home Counties Region

(*Robert C. Lemerie,
Woodlands,
1 Melbourne Road, Bushey, Herts.*)

- Bedford and District Branch of NSS
- Bishop's Stortford Group, Herts Spastics Society
- Central Middlesex Spastics Welfare Society
- Clacton and District Group
- Colchester and District Group
- East Herts Group, Herts Spastics Society
- East London Spastic Society
- Epping Forest and District Branch of NSS
- Essex Group
- Harlow and District Branch
- Hatfield Group, Herts Spastics Society
- Hemel Hempstead Group, Herts Spastics Society

- Hitchin and District Friends of Spastics
- Ilford and District Spastics Association
- Luton and District Spastics Group
- Maidenhead Friends of Spastics Group
- North London Area Association of Parents and Friends of Spastics
- North-West London Group
- Oxfordshire Spastics Welfare Society
- Reading and District Spastics Welfare Society
- Slough and District Spastics Welfare Society
- Southend-on-Sea and District Spastics Society
- South-West Middlesex Group
- St. Albans and District Group, Herts Spastics Society
- Watford and District Group, Herts Spastics Society

- Welwyn Garden City and District Group, Herts Spastics Society
- Wycombe and District Spastics Society

South-East Region

(*Simon T. Langley
137 Upper Grosvenor Road,
Tunbridge Wells, Kent.*)

- Bournemouth, Poole and District Spastic Society
- Brighton, Hove and District Branch
- Bromley and District Spastics Group
- Central Surrey Group
- Chichester Branch
- Croydon and District Branch
- East Sussex Group (Hastings and District)
- Folkestone and District Branch of NSS
- Isle of Wight Group
- Maidstone Area Spastic Group
- Medway Towns Branch of NSS
- North Hants and West Surrey Group
- North Surrey Group (Kingston)
- North-West Kent Spastic Group
- North-West Surrey Group
- Portsmouth and District Spastic Society
- Southampton and District Spastics Association
- South-East London Group
- South-East Surrey (Redhill) Spastics Group
- South London Group
- South-West London and District Group
- South-West Surrey Group
- Thanet Group
- Tunbridge Wells Area Group

Welsh Region (including Mon.)

(*Officer to be appointed in 1960*)

- Cardiff and District Spastics Association
- Colwyn Bay and District Spastics Society
- Conway and District Branch of NSS
- Kenfig Hill and District Spastics Society
- Merthyr Tydfil and District Spastics Society
- Pontypridd and District Group of NSS
- Swansea and District Spastics Association

Western Region

(*John J. Walsh
St. John House,
Park Street, Taunton, Somerset.*)

- Bridgwater and District Friends of Spastics Association
- Bristol Spastics Association
- Cheltenham Spastic Aid Association
- Dame Hannah Rogers School Parents Association
- Plymouth Spastic (CP) Association
- Swindon and District Spastic Society

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